



GRATITUDE GRAM

God loves to hear the praises of his people as they give him thanks for all that he has done for them. Because we are made in his image, people like to hear “Thanks!” too. A well-timed “Thank you” can change a person’s day, or week, for the better. One way you can share your thankfulness to God for them is with a Gratitude Gram!

As a family, read Psalm 100:4-5 and Ephesians 1:6 together. Before creating your Gratitude Gram, pray to God and thank him for his gift of Jesus and for everyone he has put in your life that you are grateful for. Work together to come up with a list of friends, family or other people in your life who deserve a social media shoutout of thanks. Pick a certain number of days (we recommend at least 1 week) and each day, share a picture of one of those friends or family members (or of something that reminds you of them) on your favorite social media platform with a shoutout of thanks to God for them and why they are so special to you. Make sure you tag them in your post so they see it and add #GratitudeGram to see how far your gram goes! As you share your posts, encourage your friends and family members to create and share their own Gratitude Grams to share the love!

CHAIN OF THANKS

Work together as a family to create a festive paper chain of Thanks!

You will need:

- Paper (any kind will do) cut into 2"x8" strips.
- Tape, glue or a stapler
- Markers, crayons, pens or pencils
- Bible or Bible App turned to Psalm 107:1-2

INSTRUCTIONS

As a family, read Psalm 107:1-2 together. After reading, talk about what it means to show thankfulness to God for what he has done for us. How can we show him our gratitude? Today, your family is going to make a list of things that you are thankful to God for. Write one thing you are grateful for on each slip of paper. Once all of your papers have been filled with gratitude, it's time to chain them together! Loop your first piece end to end to form a circle and secure the ends together with glue, tape or a staple. Next, slip the next piece of paper through the first loop and secure those ends together just as you did with the first piece of chain. Continue chaining the slips together until they are all attached. When done, hang the paper chain somewhere in your house as a daily reminder of all the amazing things God has done for your family!

